



I want YOU to learn how to help ME!

Your child's school is participating in **Children's Mental Health Month** this May. Mental health is a person's overall emotional, behavioral and psychological well-being. It impacts how we think, feel, and act, including how a child: feels about himself/herself, relates to other children and adults, and handles change, stress and other life situations.

Social Emotional skills can be worked on even in the early years and understanding how to support your child is very important! To encourage you to learn more, **we are waiving the cost of the mental health workshops for parents who are part of this partnership.** Choose a workshop and type in code:

CHILDMH18 to waive fee. (For ages 1- 6 years.) **Pre-registration is required and spaces may fill up.**

Register at: www.howardcountymd.gov/familyinstitute or call 410-313-1940

Behavior Basics & Managing Meltdowns

Social Emotional Foundations of Early Learning (SEFEL) is a comprehensive, research based approach that considers all of the factors that impact a child and family. Learn how to teach your child new skills to replace challenging behaviors. Learn how to set the stage to decrease negative behaviors from happening in the first place and what to do when they do occur. Leave this 3-part workshop with skills and resources that you can use immediately that will help you feel more confident in your parenting.

3 Thursdays, May 10, 17 & 24
6:00 to 8:00 p.m.
Howard County Office of Children and Families

Discipline and Communication Part 1 & 2

Learn how to proactively prevent misbehavior by preparing your home and routine to encourage success. Learn temperament types and how to use this information to individualize your interactions with your child. Discuss ways to effectively communicate and the importance of structure, consistency and self-esteem to help build a growth mind set. Learn to teach children self-control and problem-solving techniques that they can use in the moment of behavior problems. Establish rules and logical consequences for misbehavior that are developmentally appropriate. Leave with practical strategies and tools to implement immediately!

2 Wednesdays, May 30 & June 13
6:30 - 8:00 p.m.
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